

ROMAINE/TOMATO/CUCUMBER



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35517
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CUCUMBER ENG SDLSS	1/3 Cup		532312
TOMATO ROMA DCD 3/8IN	1/4 Cup		786543

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.330
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		20.51	
Fat		0.03g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.33mg	
Carbohydrates		4.25g	
Fiber		1.63g	
Sugar		2.39g	
Protein		1.63g	
Vitamin A	18.02IU	Vitamin C	0.48mg
Calcium	23.51mg	Iron	0.24mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available